

## The Senior Edition

#### The Shrewsbury Council On Aging Newsletter

published Monthly for all
Shrewsbury Residents age 60 and over
September 2004 Volume 4, Issue 9



#### September 2004 Special Dates:

Also, Spirit of Shrewsbury dates!

### National Cholesterol Education Month (Get yours checked at Health Fair!)

Sept. 6th: Labor Day: All Municipal Offices Closed

Sept. 14th: Free Legal Clinic w/Attorney Chris Mehne

State Primary: Remember to Vote!

**Sept. 17th:** Silver Sneakers Talk and Demonstration

Sept. 15th: Free Blood Pressure Screening

Sept. 21st: Friends of the Shrewsbury Senior Center, Inc.

Sept. 24th: Brown Bag Lunch and a Movie

Oct. 1st: Annual Senior Health Fair

Oct. 3rd: Spirit of Shrewsbury Parade 1:00 PM

And much more...see inside for details and calendar on the

last page for a complete look!



#### **Spirit of Shrewsbury**

October 1-3, 2004
See pages 5-9 for details!
5th Annual Senior
Health Fair Oct. 1, 2004
See pages 6 and 7 for details!

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2005 Formula Grant to go toward the mailing labels for our Newsletter.



Friends of the Shrewsbury Senior Center, Inc.

98 Maple Avenue, Shrewsbury, MA 01545

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## Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center 98 Maple Avenue Shrewsbury, MA 01545 (508) 841-8640

#### September 2004

#### **COA Staff and General Information:**

Office Hours: Monday through Friday: 8:00am-4:30pm Office Phone: 508-841-8640 Office Fax: 508-841-8641

#### **Staff: COA Board Members:**

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman, John Concordia, Secretary, Al Crommett, Lillian Goodman Helen McLaughlin and Tim Swiss

<u>COA Director</u>: Sharon M. Yager <u>Assistant to COA Director</u>: Vicky Pellegrino <u>Transportation Coordinator</u>: Cynthia Willis

**<u>Van Drivers</u>**: Ralph Anderson, Mike Jardarian, Mike Mazzola, Dick Londergan, Ed Rezuke, , Norm Vandal, and Keith Harlow

<u>Dining Manager</u>: 508-841-8757 Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Berquist

Outreach Coordinator: Walter Rice

Volunteer Coordinator: Elaine Baskin

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

CARES Coordinator: Dave Grillo

<u>CMAA Liaison</u>: Vicki Zwerdling

<u>Volunteer Office Staff:</u> Dorothy Dobson, Loretta Henry,
Carmella Iacono, , Nancy Kowalczyk, Rena Qualey,
Lucille Mc Hugh, Katharine Nelson, Rochelle Lockwood,
Betty Viscera, Susan Pappas, Barbara Morrissey

Phyllis Robbio

<u>Senior Aide:</u> Layah Ruth Lehmann <u>Veteran's Agent:</u> Richard Perron, 508-841-8386 Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

#### **Happy September Birthday To:**

9/6, Dick Perron: Veterans' Agent 9/13, Jean Sansevero: Writer's Group 9/15, Tim Swiss: COA Volunteer 9/15, Norm Vandal: Van Driver 9/27, Mary Layden: Newletter Committee

#### **Your Newsletter Committee Consists Of:**

Ailsa Macdonald, **Editor**, Fran Rimkus, **Chairman**, Bob Oetting, **Advertising Coodinator**, Ron Davis, Norma Giumentaro, Mary Layden, Ianice McNamera, Maynard Rinker

The Town of Shrewsbury's Council On Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

#### Letter from the COA Director:

Welcome to our 1st expanded edition of the Newsletter! We hope you enjoy it! We may not have a full 12 pages every month, but we hope that this will be the first of what the standard issue will be like. You may notice that the paper is slightly thinner to offset the cost of the expansion from 8 to 12 pages. Our poll on the website this month will have to do with the Newsletter and what you find most important about it, so that we can decide accordingly how we will use the extra space. For those of you who helped us with our expansion from 4 to 8 pages, we are asking for help again. When we did our last expansion, everyone who donated \$100 or more toward the Newsletter got their name on the special Newsletter plague in the Senior Center lobby. We have a new panel to add to the plague and hope to get more donations. All donations are welcome and we will extend the plague offer once again to anyone who wants to donate \$100 or more. We thank you for any help you can provide!

We have a sad farewell this month to our Dining Manager, Cheryl Lucier, whose last day was on August 25th. Cheryl has left the Age Center and will be working at the High School, so with any luck, we will be seeing her at the Community Dinners we hold there. We wish her luck in her new position and will miss her greatly! In the meantime, we have some big shoes to fill! For anyone who is interested in becoming our new Dining Manager, please see the notice in the box on the bottom of page 3. We also have a complete listing of the position through the Age Center on our website, or you may call the Senior Center to obtain a copy.

We also extend our sympathies to the wife and family of Joseph Postale. Joe was a hard worker at the Café and will be sadly missed by all who knew him. Another loss that took place since last month was the passing of Marie Dyer, the wife of Joseph Dyer, who had been known often as "Mr. COA" and had informally run the Council on Aging before a Director was hired in 1990. Our thoughts are with Marie's family as well.

You will see that this month's issue is packed with news about the Health Fair and other events happening at this year's 8th Annual Spirit of Shrewsbury Fall Festival and our 5th Annual Health Fair. Be sure to watch for the COA in the parade once again. We hope to see you at one of many of the great events planned!

Have a wonderful month!

Sharon M. Yager

#### September 17th, 1pm Silver Sneakers Program

Have you heard of the Silver Sneaker Program but never knew what it was about? Here is your chance for a demonstration and to learn about this unique program that all Fallon members are eligible for, as well as many other Medicare + Choice plans. Classes through the program involve bone and muscle strengthening, as well as balance, agility and flexibility training. You will be able to sit in a chair to take part in the 1/2 hour interactive demonstration, equipment will be brought in for you. Please call the Senior Center by 9/15 to reserve your seat!

#### September 24th, 11:30am Lunch/Movie

Join us for this month's feature sponsored by Westboro Bank. This month's movie is the action adventure "The Bourne Identity", featuring Boston's own Matt Damon. Julia Stiles also starts. Rated PG-13, the film is based on the best selling book about a man with amnesia who begins to learn that his true identity may have his life in danger. Now that the sequel, "The Bourne Supremacy" is out, you may want to take the opportunity to see the original first! Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. Please call the COA by the morning of September 22nd to reserve your seat and/or your lunch.

#### **Chair Pilates Class Offered**

Dr. Harvey Clermont has started a chair Pilates class for those who need modified Pilates or find the regular Pilates class too challenging. Wear comfortable clothes to the classes. Pilates has many advantages; it improves the posture, body contour and balance, as well as assisting in emotional well-being. The exercise is a wonderful form of discipline that helps keep the CORE muscle groups strong, as well as the other major muscle groups. You may join a class at any time. There is a \$2.00 suggested donation per class, which will go to the "CHANGE" program at St. Anne's Church, where Dr. Clermont runs the free medical clinic.

#### **Volunteers Needed!**

New Liaison Needed: Our longtime liaison, Dolores Lake, who is a Grand Reader, has had to step down as the liaison between the Shrewsbury Community Partnership for Children and the Council on Aging Boards. A replacement is desperately needed. If interested, please call Volunteer Coordinator Elaine Baskin at 508-841-8758.

Spirit of Shrewsbury: For information on how you can volunteer, contact either Maria Smith (508-845-9974) or Art Dobson (508- 842-2826 or adobson681@aol.com).

A new Dining manager is needed at the Shrewsbury Senior Center! The position is funded through the Age Center of Worcester and pays \$8 per hour. Hours are Monday through Friday from 9am to 1pm. If you or 🥊 someone you know would like to become part of the Senior Center team and make our Meal Site a fun and exciting place to eat lunch, please call the Age Center at 508-852-3205, at the Age Center for more information. A full job description is also available on the Council on Aging website.

#### Outreach News: Worried About Fuel, Food Costs?

Brochures are available at the Senior Center on NSTAR's outreach to low income households who use gas for fuel. Participants of the program will not have the level of benefits they receive from other programs affected. The brochures explain the program, and include the simple application form. If you have questions about the program, simply call 1-800-566-2080 or visit the website at www.nstaronline.com.

It is also time to reapply for Fuel Assistance. If you need assistance with your reapplication forms, give the Senior Center a call. New applications will be taken in November.

Farmer's Market Coupons are also available: Enjoy fresh produce for those who qualify. The qualifications for this Federal and State program are residency in subsidized Housing, or being a food stamps, or fuel assistance recipient. Coupons are now available to individuals in two Call the Senior Center to get more \$5 coupons. information.

Many people have inquired about the status of the Reiki sessions Walter provides as well as the ChiGong classes he had been offering as a volunteer prior to his becoming an Outreach worker. If you are interested in either or both of these offerings, please give Walter a call as we will be determining how to balance these with his current work.

To learn more about any of these programs or if you have any Outreach concerns, call Walter Rice at 508-841-8647.

#### **Booster Buttons Available at** the Senior Center!

Be a proud Booster of the Spirit of Shrewsbury. Your colorful button is available for \$10. Proceeds benefit the Shrewsbury Fall Festival Committee and Shrewsbury Youth and Family Services.





Call Shrewsbury Light and Cable to sign up for

**Shrewsbury's Digital Cable Service** 

**High Speed Internet Access** Call **508-841-8500** 

for more information about all out levels of cable services!

**Busy Hands Knitting Group** 

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.



#### **Library News and Events**

After 26 years at the helm, Library Director Bonnie L. O'Brien is retiring! September 30 will mark her last day as director of the Shrewsbury Public Library. The Trustees of the Library and the staff will hold a public reception in her honor on Thursday, September 30, from 2 to 4pm. All are invited to attend this event.

#### **Shades of Autumn at the Tower Hill Botanical Gardens**

The Shrewsbury Public Library will be participating in the annual "Shades of Autumn" festival at Tower Hill in Boylston throughout the Columbus Day weekend. There will be exhibits, demonstrations, games and other entertainment for children, adults and families. Best of all, any Shrewsbury resident can visit Tower Hill that weekend free of charge! Call 508-841-8531 for more information.

#### **French Conversation Circle**

Tuesdays, 4—5:30PM

Sept. 7, 14, 21, 28, Oct. 5, 12, 19, 26

Join us for a relaxing conversation (in French!) about whatever topic is of interest to you! There is no charge and no long-range commitment.

#### **Shrewsbury Genealogy Club**

Tuesday, September 14 and Thursday, October 14, 7:30-9PM For anyone interested in family history and genealogy. No experience required. Come and share your problems and insights with like-minded researchers!

#### Lord of the Rings Exhibition at Museum of Science Boston

August 1 - October 24

The Museum of Science is offering a special rate to museum visitors using the library pass; \$9.00 per ticket for up to four Lord of the Ring tickets; a savings of \$10.00 each! This includes the regular \$4.00 charge per admission to the exhibit halls.

This international exhibit puts you within reach of hundreds of props and artifacts. Exhibition activities engage visitors in the motion capture and animation technologies behind the trilogy's award-winning special effects.

You may reserve the pass through our website or by calling the library. The pass must be redeemed in person at the time of purchase. Discounts are not given on phone or internet orders.

#### **Current Library Hours**

Monday - Thursday, 10AM - 9PM Friday, 10 AM 5PM Saturday 9AM - 5PM Sunday 1PM - 5PM

#### Shrewsbury High School Alumni Association Sale

COA: 508-841-8640

These cute collectibles are still available! Order forms are available at the front desk at the Senior Center. Please call the Senior Center to have an order form mailed to you. Small wooden building replicas of Old Shrewsbury High School, New Shrewsbury High School, Major Howard Beal School and the Donahue Rowing Center, signed by Jim and Babs Donahue, are \$20-\$25.

For more info, contact Mary Rose Casey at the Shrewsbury Children's Center, 508-755-3922 or e-mail: MRCasey123@aol.com.

#### SILVER SCREEN CLASSIC MOVIES

Cinemas North presents classic Showcase movies monthly on the first Monday of the month at 1:00pm. Admission is only \$1.00, popcorn, soda and coffee are complimentary. Sybil Farson, a former movie critic, provides movie gossip and film background. The movie starts at 1:00 but it's a

good idea to come early; it's very popular. Call (508) 852-2944 with questions. The movies for the next four months are: Sept 13th - Union Station from 1950. Oct. 4th - Life Boat (Alfred Hitchcock) from 1944. Nov.1st - Drums Along the Mohawk from 1939. Dec. 6th - Pennies from Heaven from 1936.

#### Ceremony to Honor Cancer Survivors and Remember Those We Have Lost

A special luminaria ceremony will be held during the American Cancer Society Relay For Life of Shrewsbury to remember those lost to cancer and to honor those who have survived. During the "Ceremony of Hope" luminaries will be lit along the perimeter of the relay course at the Hebert Candy Mansion on Friday, September 17th at 9 p.m. to represent these individuals.

Anyone wanting to purchase a luminaria (candle lantern) to remember a loved one, may do so by contacting the front desk at the Senior Center or by calling Denise Johnson at 508 798-9659. Each luminaria candle costs(\$10.00).

To kick off its first Relay for Life, Shrewsbury's cancer survivors (anyone who has ever been diagnosed with cancer) and their caregivers will be recognized at a Survivors Reception on Friday, September 17th at the Hebert Candy Mansion on Route 20 The reception will be held at 5 pm with the opening ceremony and official survivors' "Victory Lap" at 6 pm. Teams of participants will join the fun immediately following the survivors' lap and will remain on the track until noon on Saturday, September 18th. Information about the reception and/or walking in the survivors' lap is available by calling Nikki DiLeo at (508) 842-6647.



Christopher Heights of Worcester Assisted Living Community 20 Mary Scano Drive Worcester, MA 01605 508-792-1456

A place to call home where friendly residents and staff create peace of mind for families



All Makes and Models Brakes/exhaust/tune-ups Wheel Alignment Towing and Road Service, **Inspections** 185 Memorial Dr. Shrewsbury 508-845-9850

**Shrewsbury Friends** Men's Group



Thursdays 9-11 AM President: John Kehoe

#### **RICHARD'S CAR WASH**

309 BOSTON TURNPIKE 508-755-0131

ALL CLOTH WASH — HOT WAX APPLICATION COIN OPERATED VACUUMS — 4 BAY WASHERS Tuesday: Senior Citizen's Day: \$1 off!!!

#### TURNPIKE AUTO BODY

**307 BOSTON TURNPIKE** 508-755-3015

UNIBODY REPAIR SPECIALIST FEATURING: LASER BEAM TECHNOLOGY COMPLETE COLLISION WORK

#### Fri.-Sun, Sept. 17, 18, 19: St. Mary's Church, Shrewsbury **Annual Family Festival**

Main Street, just east of Route 140 1 PM - 5 PM (Friday) Rides, Games, Silent Auction, Kids Activities and Great Food! 9AM-11PM (Saturday)

9 AM: Bingo under the tent

10 AM: 5K Road Race (starts from St. Mary's Church) Reg-

istration form: Go to http://www.stmarysparish.org/

1 PM - 9 PM Grill/Baked Goods/Pub

5:30 PM – 8 PM Jerry's Italian Kitchen: A Wonderful variety of Italian food!

8 PM - 11 PM Adult Dance & Silent Auction (Tickets are \$10 at the door, or 2 for \$15 if purchased in advance at the St. Mary's Festival Info Booth.)

Noon-6pm (Sunday)

Noon – 3 PM: Chicken BBQ (\$7 per dinner)

1 PM - 6 PM: Grill / Baked Goods / Pub

#### 5 PM Grand Raffle Drawing!!!!!!!!!

1<sup>st</sup> Prize: (\$10,000 cash), 2<sup>nd</sup> Prize: (\$2,500 cash), 3<sup>rd</sup> Prize(\$1,000 cash) 4<sup>th</sup> Prize (15" LCD TV (\$700 value) (Ticket prices are \$20 a piece or 6 tickets for \$100)

For information on obtaining tickets visit: www.stmarysparish.org) Discount Coupons & Additional Info: www.stmarysparish.org Contact: Mike Nelson at 508 845-9209 or e-mail: Mike.Nelson@Sun.COM

#### Saturday, September 18: 3rd Annual Spirit of Shrewsbury **Dinner Dance**

UMass Hoagland - Pincus Conference Center formerly the Worcester Foundation for Experimental Biology: 22 Maple Ave., Shrewsbury

Social 5:45 PM, Buffet 6:30 PM,

Dancing 7:30 - 10:00 PM

Purpose: To honor the 2004 Spirit of Shrewsbury Fall Festival Grand Marshal, Arthur R. Dobson, to recognize a business person and to celebrate the Spirit of Shrewsbury!

**Cost:** \$25 per person, tables of 8: \$200.00 Make checks payable to: Spirit of Shrewsbury

Tickets on sale in town now at the following locations: Commonwealth Bank, 564 Main St., Central One Federal Credit Union, 714 Main St., Flagship Bank, 555 Main St., Fleet Bank, 110 Boston Turnpike, Shrewsbury Federal Credit Union, 615 Main St., Westborough Bank, 19 Maple

Special Drawing: Kevin Samara (owner of the Shropshire Shop 11, on 274 South St.) has donated a Thomas Kinkade, Limited Edition, Sold out, signed Lithograph, valued at \$ 699.00!

Attire: Casual, Caterer: Struck Catering Sponsor: Austin Liquors, Reservations: Contact David Perry at dperry29@aol.com (508-845-7621) or write: Spirit of Shrewsbury, P.O. Box 4477 TS, or register online at www.spiritofshrewsbury.com.

#### Thursday, September 30, 7:30pm:

#### **Shrewsbury Public Library**

Local storyteller, Aili Paal Singer will dramatize "The Little Shoemakers" by Isaac Bashevis Singer. The event will take place in the large meeting room and is open to people of all ages. The event is Free and there is no pre-registration. This event is funded in part by a federal grant from the National Endowment for the Humanities, part of the centennial celebration of Russian-American writer, Isaac Bashevis Singer, as well as the American Library Association. information, contact: George Brown at <a href="mailto:gbrown@cwmars.org">gbrown@cwmars.org</a> or call 508-841-8531.

#### Senior Programs

Shrewsbury Parks & Recreation 100 Maple Ave (508) 841-8503, Located in Town Hall Seniors can register starting September 8

#### Senior Tai Chi (Beginners, Simplified 24 form)

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.

Beginners, Simplified 24 form Tuesdays, 9/28-12/7 (no 11/2) Time: 4-4:45PM. Residents pay \$17 (10 classes).

Advanced Yang style long form 108 (prerequisite simplified 24) Tuesdays, 9/28-12/7 (no 11/2), Time: 3:15-4PM, Cost is \$17 for residents for 10 classes.

#### **Senior Line Dance**

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (10 classes), Tuesdays, 10-11AM, 9/28-12/7(no 11/2) Cost for residents is \$17.

#### **Senior Recreational Bowling**

Come and join the Senior Bowling League at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$7.50, which includes 3 games, donuts and coffee. Tuesdays, at 1pm, beginning 9/7. Fee: \$7.50 (weekly) at the Town & Country Bowl (corner of RT 9 & Oak St).

#### **Senior Fitness & Nutrition**

Exercise and learn about improving your overall health by building strength, flexibility and eating healthy. Wednesdays, 9:30-10:30AM, 9/29-11/17 (8 weeks)Res: \$20 for residents.

#### **Senior Acrylic Painting**

Create unique paintings while exploring traditional and experimental approaches to acrylic painting. While working from photographs and still-life arrangements, students will focus on color-mixing and find interesting compositions and personal freedom in their artwork. Thursdays. 9-10:30a,m, 9/30-12/2 (no 11/11 &11/25) Cost is \$30 for residents.

#### Watercolor

Students will explore watercolor as a medium for selfexpression while learning new techniques and approaches through demonstrations and instruction. Continuing students may work on independent projects experimenting with new imagery and ideas. Thursdays, 10:45AM-12:15PM, from 9/30-12/2 (no 11/11 &11/25) Cost is \$25 for residents.



Shrewsbury Council on Aging

5 th Annual

## **SENIOR HEALTH FAIR**

FRIDAY, OCTOBER 1, 2004



9:00 a.m.-2 p.m.

Theme:

HEALTH EMERGENC

Before . . . During



**Shrewsbury Senior Center** 98 Maple Ave.

#### SCREENINGS

- Blood Pressure
   Blood Sugar\*
- Circulation (ABI)
   Blood Cholesterol\*
- Medication Review & Cost
- Fall Prevention
  - \* requires a 4 hour fast

**GIFTS!** 

**DOOR PRIZES!** 

**GIVE AWAYS!** 

**RAFFLES!** 

#### **EXHIBITS**

30 Tables Learn emergency signs and how to respond **Educational Materials** 

Bring a Friend!

Call the Senior Center (508) **841-8640** 

for ADVANCED REGISTRATION FOR LUNCH or TRANSPORTATION AFTER SEPTEMBER 6TH.

#### COA: 508-841-8640

#### Friday, October 1:

# Shrewsbury Council on Aging 5<sup>th</sup> Annual Senior Health Fair *Senior Center, 98 Maple Ave.*

Senior Center, 98 Maple Ave 9 AM to 2 PM

**Theme:** "Before & During the Health Emergency"

(Recognizing risk symptoms & communicating with service providers)

Come and participate in:

#### Health Screenings:

Medication Review
Blood Pressure
Blood Sugar...before lunch
Cholesterol
Risk of Falling
Circulation

#### **Exhibitors:**

Tables with informational handouts

Free Bag Lunch: 11:30 & 12:15 seatings

By advance reservation

Free Transportation within Shrewsbury

By advance request

Call the Senior Center for Lunch Tickets and

Transportation arrangements at:

508-841-8640 Raffle & gifts for attendees!

#### HAR Banners HAR

Approximately 185 banners are now displayed for the 2004 Spirit of Shrewsbury Fall Festival. Locations include east & west on Route 9, Maple Ave., Main St., Grafton St., Rt. 140, and W. Main St. Banners will be displayed through the middle of October. Can you spot the Friends banner?

#### **Sunday, October 3:**

# Parade, 1pm Parade Route will be from Town Hall to Maple Ave to Main St. to Dean Park (approx. 2 miles)

See the famous Aleppo Shriners and much more to entertain those of all ages. For more information about the parade, contact Candace Longo at candacelongo@msn.com or 508-842-9550

#### **Family Funfest**

Dean Park till 5 PM

Watch the end of the parade and stay for the "Family Funfest". Residents are encouraged to walk to the park after the parade. Limited parking will be available. Parking and vehicle access to park will be closed at 11:30 AM until approximately 4 PM. Handicap parking will be available in the upper parking lot next to the softball field. School Street entrance to the park will be closed all day. Shuttle buses back to the Town Hall will be available from the front parking lot. Look for sign and staff person in orange vest to wait for shuttle buses.

#### Activities:

—Food booths by local non-profit groups in picnic grove (hamburgers, hot dogs, sausage sandwiches, cold drinks, snack foods, etc.)

—Face-painting, Moonwalks, temporary tattoos, Cat's Meow collectibles and more.

Musical entertainment: the bandstand will feature DJ music by Crystal Entertainment and Chuck & Mud children's concert will start at 2:00PM.

**Contacts**: For food events, contact Cathy Vitale by calling 508-845-6682 or e-mail her at **cdv@townisp.com**.

For Cultural or musical events, contact Angela Snell by e-mailing her at this address: sospostparade@yahoo.com



#### **SCHEDULE OF EVENTS**

8<sup>th</sup> Annual Spirit of Shrewsbury Fall Festival October 1-3, 2004 "A Time for Family & Friends"

All events will be held rain or shine.
Visit www.spiritofshrewsbury.com
For more information

#### Shuttle buses:

Saturday, October 2 - Expo on the Common

Buses will run from the First Congregational Church to Sherwood Middle School and return.

The Bus schedule will start at 10:00 AM and buses will depart approximately every half hour until 3:30.

#### Sunday, October 3 - After the parade

Buses after the parade will return people from Dean Park back to the Town Hall.

The buses will be available from the front parking lot. Look for sign and a staff person in orange vest to wait for shuttle buses.

Buses will run approximately every half hour.

#### Saturday, October 2:

7<sup>th</sup> Annual Spirit of Shrewsbury Fall Festival *Craft Fair* 

Sherwood Middle School on Sherwood Ave. 9 AM to 3 PM

For more information about the craft fair, call Vivian Powers at 508-792-6551 or e-mail her at vpowers@townisp.com.

#### **Saturday, October 2:**

#### **Expo on the Common**

Town Common
Shrewsbury Center – Route 140 & Main St.
9 AM to 3 PM

11:30 AM & 1:30 PM Enjoy the "Wayne from Maine" musical performance for children on the Library lawn. In the event of rain, the event will be held in the Library function room.

There will be appearances by Disney and Sesame Street friends and featuring Master of Ceremonies Tim Proth of the Sultans of Sound, who has donated his time and talents to this event!

There will also be food, fun and entertainment for all ages.

Non-profit and business organizations will inform community members about their groups, hold raffles, activities and offer giveaways. The event is co-sponsored by Central One Federal Credit Union, Shaw's Supermarket and The University of Phoenix.

For more information, call Debbie Grampietro at (508) 791-2991, or e-mail her at hdkjames@townisp.com.

# Shrewsbury Public Library Shrewsbury center

9:30 AM - 10:15 AM

Come and see "Bubble-Mania" with Casey Carle, "creative master of the art of 'bubbling". There will be laughter, music, and amazement for the whole family. (recommended for all ages).

Space is limited and the event will take place in the large meeting room. Tickets are free but necessary. Tickets available beginning September 18th in the Children's Room or by calling (508) 842-0081, ext. 4, or e-mail Linda Johnson at liohnson@cwmars.org.

#### Saturday, October 2, 2004: 8th Annual Fall Festival

#### 8th Annual 5k Road Race / Funwalk

Dean Park, Shrewsbury 10 AM (rain or shine) Course is 3.1 miles

Entrance Forms are available at the Parks and Recreation Department, located in the Richard D. Carney Municipal Office Building, 100 Maple Ave. *Advance Entrance fee:* \$10, *Day of event:* \$12

Under age 18 and walkers: \$8

Make checks payable to: Knights of Columbus

*Prizes:* \$25.00 each for Male & Female winners in each category: under 18 years of age; 18 to 50 years; and over 50 years

Proceeds will benefit the *Shrewsbury Special* Needs Program.

To learn more, contact: Jerry Bernard at <a href="mailto:jersueelec@townisp.com">jersueelec@townisp.com</a> or (508) 845-6263 Sponsored by the Adelphi Council # 4181, Knights of Columbus

# Spirit of Shrewsbury Fall Festival 3<sup>rd</sup> Annual Great Quinsig Canoe & Kayak Race

Race begins at the State Ramp (next to the Rowing Center) on North Quinsigamond Avenue.

1<sup>st</sup> Heat: 11:15 AM 2<sup>nd</sup> Heat: 11:30 AM 3rd Heat: 11:45 AM Race ends: 1:15 PM

This is a regional event that draws paddlers from 50 miles around. The race will go a distance of 4 miles with both start and finish at Shrewsbury's Boat Ramp on North Quinsigamond Ave.

Spectators can watch the race from the Donahue Rowing Center, Route 9 bridge, or the State Park. Food will also be sold. For more information, call Bob Oetting at 508-842-0489, or e-mail him at <a href="mailto:bobo1935@hotmail.com">bobo1935@hotmail.com</a>. You can also use the address: <a href="mailto:greatquinsig@townisp.com">greatquinsig@townisp.com</a>

# Friends of Prospect Park (formerly the Masonic property)

Tour from 11 AM or 2 PM

Meet at the Friends booth on the Common, to learn about the town's newest area for hiking, cross-country skiing, and working on restoring the garden area. For more information, contact: Dot Perkins at <a href="mailto:dotrp@townisp.com">dotrp@townisp.com</a>.

#### **Calvary Retreat Center**

South St., Shrewsbury:
4:30 - 5:30 PM
Open House, Tours, Ice Cream
Social and Storytelling
Contact: Natalie Rivard

# <u>Please</u>: Decorate Your House If You Are Able and It Is Along Parade

**Route!** Residents and businesses are asked to decorate their houses and stores along the parade route to add to the Spirit of Shrewsbury weekend celebration.



**Updates:** Should any Fall Festival Events change, look for updates on the web at <a href="https://www.spiritofshrewsbury.com">www.spiritofshrewsbury.com</a> and in your local newspapers.

#### **Weekend Events On SPAC**

SPAC (cable TV) will cover events on the town common live for an hour on Saturday, October 2 at noon. They will do interviews with many of the organizations on the Common. They will also cover the parade live on Sunday, October 3 on Channel 33. There will be SPAC volunteers at many of the events recording for playback at a later time.

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#### **CARES September Column:**

Yard sales, Thrift stores and Auctions

By Dave Grillo, CARES Coordinator

(Consumer Awareness and Resources for Elders in Shrewsbury)
Paul Schlaver heads the Massachusetts Consumers' Coalition
(617-349-6152; <a href="www.massconsumers.org">www.massconsumers.org</a>). Mr. Schlaver's
article, "Consumer Watch" appears in the June 2004 issue of
Angie's List magazine. (Angie's List is a member organization
that helps consumers find reliable contractors and other service
providers. An annual subscription fee of \$59.00 enables you
to utilize this resource; 617-737-5478 or <a href="www.angieslist.com">www.angieslist.com</a>).

In his column, Mr. Schlaver worries that well-meaning family members are purchasing unsafe used items such as cribs, bunk beds, halogen lamps and toys at yard sales and thrift stores. (auctions pose the same potential threat). He reminds readers that "returns and warranties for secondhand goods are out of the question." Most importantly, he states that without diligent research, you might unknowingly buy something at a yard sale or thrift shop that has been "recalled for safety concerns" by our government. Mr. Schlaver goes on to praise the U.S. Consumer Product Safety Commission (CPSC) as an "unsung government agency hero" that competently investigates complaints and proficiently removes unsafe products from the marketplace.

Consumer Reports magazine (August 2004) is not that kind to the CPSC. In its article entitled "The Trouble with Recalls," Consumer Reports is troubled that as many as six federal agencies are responsible for most recalls. And the CPSC is cited for not informing the public "that a product is under suspicion until its investigation is over." Consumer Reports believes that we are mistaken if we trust "that the federal government has certified most products as safe." Even when the CPSC or the National Highway Traffic Safety Administration or the Food and Drug Administration or the Environmental Protection Agency become aware that an item is unsafe, too often they don't inform those who may be affected. Too many loopholes and flaws, including leaving it up to negligent companies to handle recalls and resolution.

The article in Consumer Reports concludes that the best current website sources for safety recall information are <a href="https://www.recalls.gov">www.consumerReports.org</a>, and the websites and toll-free numbers of the manufacturers themselves. Despite its criticism of the CPSC, the article encourages that you contact the agency (800-638-2772; <a href="www.cpsc.gov">www.cpsc.gov</a>) to check for safety recalls of most consumer products. Contact the National Highway Traffic Safety Administration. (888-327-4236; <a href="www.nhtsa.dot.gov">www.nhtsa.dot.gov</a>) concerning motor vehicles and car seats. Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

#### **KALTSAS KORNER**

FY '05 Budget Wrap-Up

In reviewing the final action the MA legislature took regarding the state's FY '05 budget. Three important features should be noted:

First, the MA legislature has voted to override the governor's veto of its' earlier attempt to repeal expanded estate recovery. What this means is that the aggressive expanded estate recovery rules will not apply to recipients of Medicaid (MassHealth). No longer do seniors need to be concerned that life estates, or homes that are jointly owned, will be subject to estate recovery upon the death of a Medicaid (MassHealth) beneficiary. The death of expanded estate recovery is a major victory.

. Second, this feature deals with the Declaration of Homestead. The governor signed the homestead bill, a bill that expands homestead protection, into law on July 28, 2004. A Declaration of Homestead will now protect up to \$500,000 in the value of a home-owner's principal residence from the claims of creditors - with some exceptions. The new law expands the homestead protection from \$300,000 to \$500,00. Another victory.

Finally, the last feature we will cover deals with the waiver request. Again, the Mass. Medicaid rules may not be more restrictive than the Supplemental Security Income (SSI) regulations imposed by the federal government. Therefore, the state's Department of Medical Assistance (DMA) (the state agency responsible for managing the state's Medicaid program) is seeking federal approval to make transfer of assets provisions more harsh than those imposed by the federal government in its' SSI regulations. The authority granted to DMA in the FY '04 budget seeking a Waiver was not repealed.

To withdraw DMA's authority to seek a federal waiver, a separate vote on repeal of the waiver was required. However, many legislators were apparently not aware that their vote did not include both overrides and it is clear that many legislators thought they had repealed the waiver authority when they repealed expanded estate recovery. I believe that the very important waiver issue can be won and legislation passed that would specifically prohibit the Administration from pursuing the waiver. Therefore, I strongly urge you to contact your legislators to take up this issue when the legislature reconvenes in the fall

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.

This article gives general information and not specific legal advice on individual matters.

# Commonwealth of Massachusetts House of Representatives STATE REPRESENTATIVE KARYN POLITO

Local office: 508-845-2300 Statehouse: (617) 722-2692 Room 167

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#### **Good Food = Good Health: SERVE**

This is the last month for the Babyback Rib special for \$11! Please note that all of SERVE's beef is raised in the United You can now sign up on-line www.servenewengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is September 9th for distribution on September 25th.



#### **Prescription Advantage Update** By Ellin Hassett, Regional SHINE Director

**PROGRAM** Seniors who need help paying for Serving the Health Information Needs prescription drugs should act now if you want to take part in the Prescription

Advantage program. There will be an Open Enrollment beginning on September 1 and ending on September 30, 2004. Coverage will take effect on November 1, 2004.

The plan changes include lower co-payments and no deductibles for those with incomes below 188% of the Federal Poverty Level (\$17,503/Individual and \$23,481/ couple). For those already on the plan, there will not be any increases as the legislature voted to keep the 2004 rates in place.

Prescription Advantage is open to all Massachusetts residents age 65 or over as well as younger, disabled persons who meet certain income guidelines.

Important detail to remember:

- -All applicants should use the update July 2004 applications
- -All deadlines are determined by the date the Plan receives the application, NOT when it was post-marked
- -Completed applications with necessary documentation received in the month of

Applications can be obtained by contacting the Senior Center or the SHINE Program at (800) 243-4636 option #2.

The SHINE Program provides free, confidential and unbiased health insurance counseling for Medicare beneficiaries and their caregivers.

#### **Fallon Representative Available**

Fallon Senior Plan Representative Janice Sochalski will be available at several locations this month to answer questions about the Fallon Senior Plan, regardless of whether or not you are a member. For more info, call Fallon community health plan at 1-800-868-5200 Mon. - Fri., 8a.m to 6p.m.

55 Alive Driver Safety Program is back: call 1-800-939-5433 to learn more.

#### The Friends of the Shrewsbury Senior Center, Inc.

The Friends of the Shrewsbury Senior Center is a nonprofit organization founded to assist the Council on Aging by raising funds for services, programs, activities and equipment for all Senior Citizens in Shrewsbury, including paying for this monthly Newsletter. Also, we are here to provide recognition and status for Shrewsbury seniors and to enhance public relations for quality, stability, visibility, and responsibility to the community. To provide open membership for all friends of the Shrewsbury Senior Center concerned with the needs of seniors and to encourage active participation by Friends members in the activities of the organization.

The Friends' meetings are held on the third Tuesday of the month at 1:00PM. This month's general meeting is Tuesday, Sept. 21.at the Senior Center. We welcome everyone to join us as we kick off another year with an exciting game of BINGO! Door prizes! Fellowship! Fun for Come, enjoy with us, some coffee, tea, and scrumptious snacks. Join in the fun and activities of the group dedicated to fostering and encouraging the dignity and independence of the senior residents of Shrewsbury. Bring a friend and don't miss out!

Membership is open to Friends of all ages concerned with the continuing needs of the Senior Center. Your support is vital to the continuance of these efforts. Membership is \$5.00, applications are available at the Senior Center:

> Those who come forward In time of need Are truly dependable Friends, indeed. Here's what Friends are for!

Did you know... all towns and cities provides a budget for its' senior citizens, age 60 and over? The Shrewsbury Council On Aging works with the town manager and the selectmen. The Director of the Council on Aging is the Senior Center director and liaison from the town to the State Department of Elder Affairs. A seven member advisory board is appointed by the town manager.

Travel Please call Anna & Bernie Keiser: 508-753-1387 or Frank Fulginiti : **508-845-6509** To learn about exciting trips they have planned!

#### **Shrewsbury Men's Friends Club**

Just a reminder that the Men's Friend's Club meetings will resume on Thursday, September 9, 2004. SEE YOU THERE!

**Dean Park Pizza** 745 Main Street 508-842-2525

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Victor R. Quaranta **American Legion Post 397** Do You Have An Old Flag?



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Drop Off Box **At Senior Center**  **Shrewsbury Rotary Club** "Service Above Self" Dr. Lauren Hamm President 2004-2005

#### **Britton Funeral Homes, Inc**

**Britton Funeral Home** 648 Main St. Shrewsbury (508) 845-6226

**Britton Wallace Funeral Home** 91 Central St. Auburn (508) 832-4420

# September 2004 Calendar

Please Note: PARKS/REC activities will begin the last week of September. Registration begins 9/8. To find about other adult programs being offered, please call the Parks Department at 508-841-8503.

Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE NOTE: All special monthly activit screenings appear in italics on the Calendar.  Call the Senior Center at 841-864 for screenings, clinics and special The entrée at the Village Café is listed each the Café Office at 508-841-8757 the buble capt office at 508-841-8757 the buble capt of the capt of th	PLEASE NOTE: All special monthly activities, meetings and screenings appear in italics on the Calendar.  Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.  The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.	1 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Modified Pilates <i>Beefy Ziti Bake</i>	2 9am: Bocce, Horseshoes 1:00 Pitch  Roast Pork with Gravy	3 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands American Chop Suey
6 Labor Day All Municipal Offices Closed	7 Trip: Xmas Tree Shop 10am Spinal Screening 10-12 Independent Artists 1pm Hearing Screening Teriyaki Chicken	8 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Beef Rib Patty	9 9am Men's Group Resumes! 9am: Bocce, Horseshoes 1:00 Pitch Shepherd's Pie	10 9:30 Writer's Wkshp 10:00 Cribbage 1:00-3:00 Busy Hands Baked Fish Filet
13 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	<ul> <li>14 Voting for Primary</li> <li>Trip: Solomon Pond Mall</li> <li>10am Independent Artists</li> <li>10—noon: Free Legal Clinic with Attorney Chris Mehne</li> <li>Hot Dog on a Roll</li> </ul>	15 10:00 Yoga 11:2:30 Bridge/1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates Roast Turkey and Gravy	16 9am Men's Group 9am: Bocce, Horseshoes 10am-noon: Financial Clinic with Cliff Jefferson 1:00 Pitch Salisbury Steak	17 9:00 Rep. Polito Office Hrs 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands Ipm: Silver Sneakers Talk Chicken Picatta
20 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	71  Trip: Walmart Rt. 20 10am Independent Artists 1pm: Friends of the Shrewsbury Senior Center, Inc.	<ul> <li>22 10:00 Yoga</li> <li>12:30 Bridge</li> <li>1-3:00 Whist</li> <li>1-2:00 Pilates</li> <li>2:15-3:15 Chair Pilates</li> <li>Chicken L'Orange</li> </ul>	23 9am Men's Group 9am: Bocce, Horseshoes 1:00 Pitch Hearty Beef Stew	24 9am News. Mailing 9:30: Writers Workshop 10:00 Cribbage 11:30am: Lunch and Movie 1-3 Busy Hands Vegetable Cheese Bake
9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge	<i>Trip: Millbury Plazq Rt. 146</i> 10-11am: Line Dancing 10am Independent Artists <i>Baked Ham</i>	29 9:30-10:30 Fitness and  Nutrition 10:00 Yoga 12:30 Bridge 1-3:00 Whist 1-2:00 Pilates 2:15-3:15 Chair Pilates  Seafood Salad	30 8:45-12:30 Acrylic Painting and Watercolor 9am Men's Group 9am: Bocce, Horseshoes 1:00 Pitch Chicken Mornay	Elder & Disability Law Advocates Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525